



We know the greatest customers in the world and we want to thank you.

Follow #TDThanksYou to join in



Banking can be
this comfortable.



THE 24 MONTH LEASE
YOU'LL SAVE THOUSANDS AT STEELE HYUNDAI

2017 HYUNDAI TRY IT
ELANTRA **\$39** WK*
ALL NEW FOR 2017 24 MONTH LEASE!

2016 HYUNDAI TRY IT
TUCSON **\$75** WK*
PREMIUM ALL WHEEL DRIVE 24 MONTH LEASE!

2016 HYUNDAI BUY IT
ELANTRA GL
AUTO • AIR • HEATED SEATS & MUCH MORE!
\$42 WK* WAS \$20,099
NOW: **\$15,749*** SAVE OVER \$4300!

2016 HYUNDAI BUY IT
ACCENT LE
AUTO • AIR • REMOTE START & MORE!
\$32 WK* WAS \$16,299
NOW: **\$12,299*** SAVE OVER \$4000!

2016 HYUNDAI
VELOSTER
SAVE: **\$3,450**
INSTOCK UNITS ONLY

2016 HYUNDAI
ELANTRA GT
SAVE: **\$5,750**
INSTOCK UNITS ONLY

2016 HYUNDAI
SANTA FE
SAVE: **\$5,450**
INSTOCK UNITS ONLY

2016 HYUNDAI
SANTA FE XL
SAVE: **\$5,450**
INSTOCK UNITS ONLY

2016 HYUNDAI DEMO
#H60607 **SANTA FE SE**
2.0 Turbo. WAS \$39,044
NOW: **\$33,961***

2017 HYUNDAI DEMO
#H7112 **ELANTRA LIMITED**
All New Design. WAS \$27,944
NOW: **\$23,499***

2016 HYUNDAI DEMO
#H61233 **TUCSON LIMITED**
ALL WHEEL DRIVE. WAS \$38,444
NOW: **\$33,859***

2016 HYUNDAI DEMO
SANTA FE XL
ALL WHEEL DRIVE. WAS \$47,294
NOW: **\$38,695***

2016 HYUNDAI DEMO
SONATA GL
WAS \$26,444
NOW: **\$21,499***

TRY IT OR BUY IT
EVENT

3625 Kempt Road
Halifax, Nova Scotia
Local: 902.982.3980
www.steelehyundai.com

Steele HYUNDAI

*Plus applicable taxes & freight. Vehicles may not be exactly as shown.

DEMOCRATIC NATIONAL CONVENTION



STAGE SET FOR HEAVY HITTERS

metroNEWS

FLOOR MODEL CLEARANCE SALE



HOMETOWN
FURNITURE & MATTRESS

6054 Almon Street, Halifax
902-482-9746 • hometownfurnitureltd.ca
Hometown Furniture & Mattress Ltd

Halifax metro

Relax, Winona. *Breathe*
Stranger Things than Ryder's overacting
metroLIFE



Your essential daily news | TUESDAY, JULY 26, 2016

High 22°C/Low 18°C Scattered thunderstorms



Arla Johnson pours a glass of
J.D. Shore Gold Rum with her
partner, Julie Shore, at the bar at
their new Halifax Distilling Co. on
Lower Water Street on Monday.
ZANE WOODFORD/METRO



A SPIRITED PAIR

Halifax women taking a shot at the rum business
metroNEWS

Councillor under fire

PROPOSED PARK

**Rankin pushing
developers'
agenda, says
co-ordinator**



**Zane
Woodford**
Metro | Halifax

The Ecology Action Centre is not mincing words about one Halifax regional councillor's involvement in the Blue Mountain-Birch Cove park process.

After withdrawing a motion at last week's meeting, Coun. Reg Rankin is set to make a more detailed one at Tuesday's meeting to initiate public consultation on the proposed park, proceed with secondary development planning for part of the area, and put a two-year time limit on determining exactly how much land the municipality needs.

"Once again, Reg is trying to predetermine the outcome and then put it forward for some kind

of limited public consultation," Ecology Action Centre wilderness coordinator Raymond Plourde said. "Absolute horsesh— The reality is that he is trying to deliver what the developers want."

Plourde said the second part of Rankin's motion — to "initiate and proceed with secondary planning" for part of the area — would give the developers a card to play in court against the municipality, and ultimately make the land more expensive.

"If the city would like to pay five or six times what the land is worth, this would be a good way to go about it, and Reg is right there forwarding that agenda," Plourde said.

Rankin could not be reached for comment.

Plourde believes council should wait until municipal staff produce two reports that are due this fall: One responding to a controversial facilitator's report that recommended allowing development at the site, and another compiling up to 1,500 public submissions.



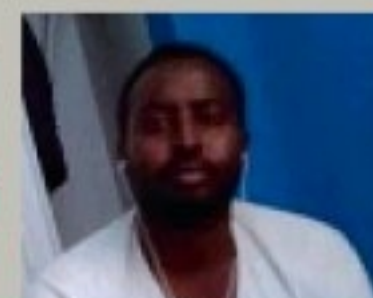
FREE MOVIE! FROZEN
(SING-ALONG VERSION)

SATURDAY, AUG 6TH, 9:05 PM
POND SIDE AMPHITHEATRE
FREE POPCORN!

dartmouthcrossing.com

Weather permitting. *While quantities last. Times approximate. Movies begin at dusk.





Police find links in taxi attacks

SEXUAL ASSAULTS

Advice offered as force works with cab drivers



Haley Ryan
Metro | Halifax

Halifax police are working with the taxi industry, and releasing new details on their response to the recent string of sexual assaults reported against taxi drivers.

In light of five alleged sexual

assaults happening so far this year, Halifax Regional Police released a statement Monday outlining similarities in the cases, and offering information that could keep young women safe.

"The victims in these situations are ... not responsible for what is happening, and a woman using a cab should fully expect to use a cab and be safely delivered to her home," Insp. Lindsay Hernden said. "This is all on the perpetrators."

Hernden emphasized the tips on riders sitting in the rear of the cab and taking down the cab's roof light are only sugges-

+ WHAT TO DO

Safety tips from police:

- Call a taxi instead of hailing one to ensure there is a record of your request.
- Sit in the back seat on the passenger side, the farthest position from the driver and curb-side in the event you need to exit quickly.

- Make sure the cab has a prominently displayed licence, driver photo and meter.
- Make a note or take a photo of the taxi company name and roof light number.

- Have your cellphone handy.

tions, and safety information is always offered when multiple violent incidents occur, like last year's robberies on the Halifax Common.

Halifax police said their Sexual Assault Investigation Team (SAIT) is thoroughly investigating each file, which involves working with Taxi & Limousine

Services and individual taxi companies.

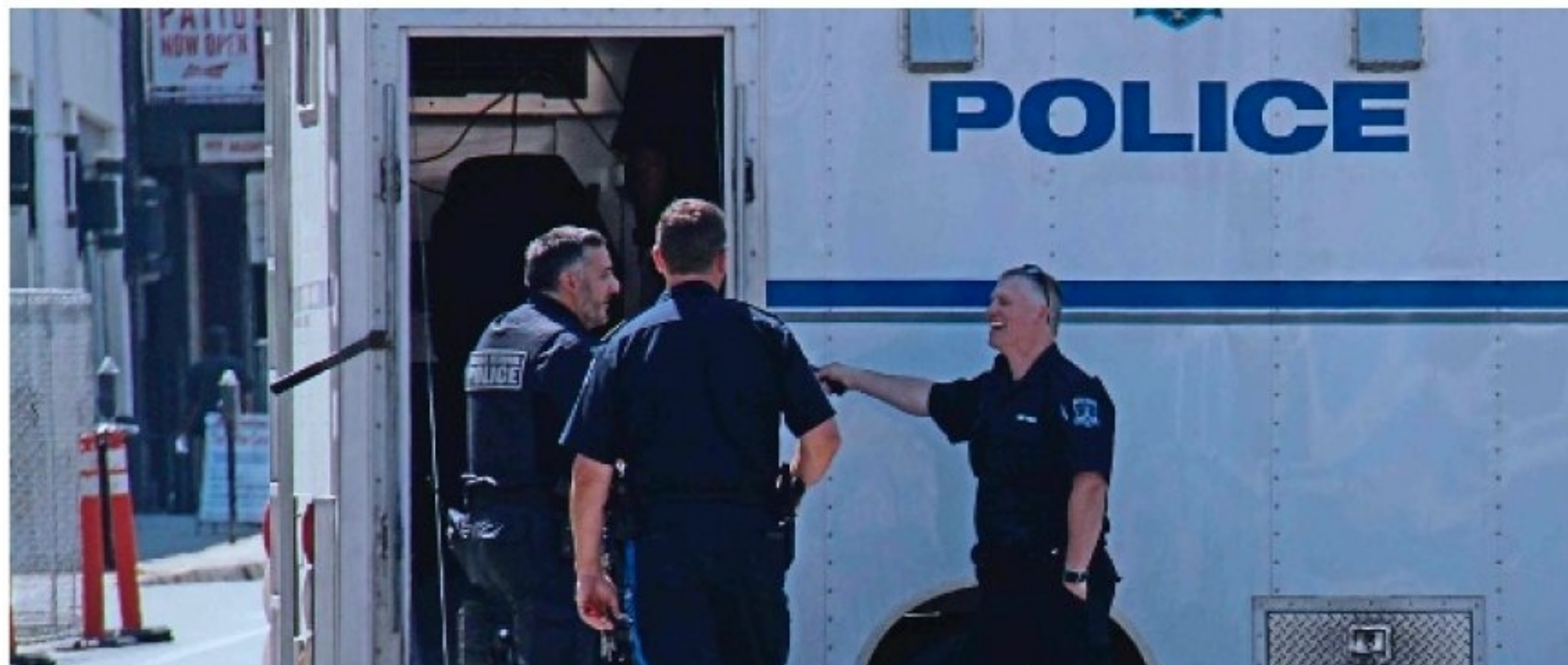
Beat officers, members of the Liquor Enforcement Unit and Quick Response Unit, and those assigned to the Downtown Safety Strategy detail, are also talking with door staff and patrons looking for information on suspicious activity.

Hernden said investigating the incidents is "a challenge" with 1,000 licensed cabs in HRM and roughly 1,500 operators, but one of the reasons why it took police weeks to respond to the assaults was because they wanted an analysis of all cases.

"There are several factors that stand out that are common to all the incidents. That gives us a jump-off point," Hernden said about the offenders being described as men, in most cases with dark hair, aged 30-50, and speaking with an accent.

He also said they mostly occur in the downtown core, and women aged 19-25 are being victimized. "We know who we need to talk to and look out for," Hernden said.

Hernden said police are "confident" they can resolve the issue due to the level of awareness around the incidents.



GONE TO LUNCH SANDWICH BAG CAUSES A SCARE A downtown Halifax street was closed to traffic for about a half hour Monday after someone called the police about an unattended lunch bag. Police said Brunswick Street was shut down between Sackville and Duke streets at about 11:30 a.m. while they investigated a suspicious package left in the area. Just before noon, the street reopened to vehicle and pedestrian traffic. "It looks like it was just a blue and white lunch pail," police spokesperson Const. Alicia Joseph said. **ZANE WOODFORD**

CONFERENCE

Digital justice on agenda

Judges, lawyers, legislators and law enforcement officials from around the world are meeting in Halifax this week to discuss the unique challenges of delivering justice in the digital age.

Members of the International Society for the Reform of Criminal Law say they'll tackle issues such as cyber-stalking, cyber-bullying and Internet luring at their 29th annual conference.

Organizers say the anonymity of the online world, along with the lack of national boundaries, creates space for virtually untraceable criminal activity. But they say technology has also provided tools to fight crime through surveillance and information-sharing.

THE CANADIAN PRESS

NORTH PRESTON

Investigation into car shooting begins

Police are investigating a Sunday night shooting in North Preston and are asking the public for assistance.

Just before midnight, a man was travelling in his vehicle when an occupant of the vehicle behind him fired several shots, a RCMP release on Monday stated. The victim wasn't injured, but his vehicle was struck several times. The

suspect vehicle fled.

Police were gathering evidence in North Preston on Monday and are asking anyone with information to contact Halifax District RCMP or Halifax Regional Police at 902-490-5020. Should you wish to remain anonymous, you can also reach out to Nova Scotia Crime Stoppers at 1-800-222-8477. **METRO HALIFAX**

IN BRIEF

Pair facing drug charges

Police say a man and a woman from Halifax are facing robbery and drug charges after they stole a man's prescription drugs.

At about 12:30 a.m. Friday, police say a man was robbed at gun point after leaving a pharmacy with a prescription, and told police he knew the man and woman who'd robbed him.

Police executed a search

warrant on Kelly Street in Halifax, and found cocaine, hydromorph — a prescription narcotic used to treat chronic pain — and a quantity of cash.

Cordell Pyke, 29, and Jillissa Gourley, 23, were arrested at the scene.

Police say the pair are facing charges including robbery with a firearm, possession of a weapon for a dangerous purpose, and uttering threats. **METRO STAFF**

KING'S COUNTY

Serious Incident Team probe smash

The RCMP have turned a matter over to Nova Scotia's Serious Incident Response Team (SiRT) for investigation following a crash in King's County.

In a release, RCMP said King's District RCMP responded to multiple calls of a car driving erratically near Aylesford.

Officers located the vehicle and attempted a traffic stop on Highway 101, but the car

failed to stop. RCMP pursued the vehicle. A short while later, RCMP responded to a 911 call of a single vehicle collision involving the suspect vehicle in Weston, Kings County.

Two people in the crashed vehicle were taken to hospital with injuries. One was taken to the QEII Health Sciences Centre in Halifax with serious injuries. **METRO STAFF**

Bust out: It's busker time

Festival's 30th edition to draw big talent, huge crowds



Haley Ryan
Metro | Halifax

After three decades, the Halifax International Busker Festival is still bringing in millions in visitor spending and there would be a "big cavernous void" without it, says one organizer.

Produced by Premiere Entertainment Group, the Buskers will host more than 300 shows in six days, from Wednesday to next Monday, a long

milestone.

There are many people that attend every year and make it a "bit of a reunion" with family and friends, Edwards said, so now the festival is multi-generational.

"We're very, very proud," Edwards said.

There are roughly 16 performers this year, including Australian newcomers OKA bringing their world music fusion to The Carleton,

contortionists, street dancers, sword swallowers, magicians, and a strong woman.

Hundreds of thousands of people flock to the waterfront each year for the event, Edwards said, with 2014 numbers showing 211,000 attendees bringing in \$6-million in spending money.

And that was a summer with t w o

days of rain during the festival, Edwards said, so a week of good weather would likely bring out 250,000 people.

There's also always a "great mix" of locals and those from outside HRM, Edwards said, with 45 per cent of attendees from the Atlantic provinces in 2014, 30 per cent from other

Canadian provinces, 14 per cent international, and 11 per cent from America.

Edwards said waterfront businesses also see a "consistent increase" on the weekdays during the Buskers.

But what if Halifax didn't have Buskers? "They'd see a big, cavernous void left in the city for those six days," Edwards said. "This is the one that anybody can go to, there's no cost ... that's what makes it different

from any other event."

The festival also has the popular midway with food, jewelry and clothing vendors, Edwards said, so everyone from "8 to 88" can enjoy rides, catch a show, and tip the performers. Go to buskers.ca for a full schedule and list of performers.

the Halifax waterfront, including both fan favourites from years past and new acts.

"It is a highlight of the downtown. There's Canada Day, and then there is Buskers ... it's the best event that happens on the waterfront," Christina Edwards, Buskers event director, said in an interview Monday.

Edwards said their 30th year is a special one since few events in the world, especially an "ungated, free, open" one, get to grow with a city and reach that



Right: Alakazam, a.k.a. "The Human Knot" strikes a pose along the Halifax waterfront in 2014. He's back this year.

Left: Izza Flambe heats up the waterfront at the 2015 festival. JEFF HARPER/METRO

HOME SAFETY

Experts advise getting permits after six injured in deck collapse

RCMP say no charges will be laid as a result of a deck collapse that injured six people at a Halifax-area home.

Police said they responded to an address on Westmount Drive in Westphal just after 8 p.m. Sunday.

The Mounties said several people had been on the deck, which was three metres above

the ground, when it collapsed.

One of the injured was taken to hospital, police said, while five others were treated at the scene.

Brad Connors, a division commander with the Halifax Regional Fire Service, said about 15 people were on the deck when it collapsed.

"Those hurt had lacerations

15
The number of people who were on the deck when it collapsed.

to legs and arms," he said.

Both police and the fire ser-

vice said Monday that the matter had been turned over to building inspectors with the Halifax Regional Municipality (HRM).

However, HRM spokesman Brendan Elliott said no further action would be taken because the deck was estimated at between 10 and 15 years old.

"If it had been a deck that was

currently under construction or less than two years old it would have required a permit," said Elliott. "The file from the municipal perspective has closed."

Jim Donovan, manager of building and compliance, said under municipal rules, those wanting to build a deck must get a permit and build the structure to certain specifications.

Donovan said although the municipality does have a municipal standards bylaw, people are responsible for the decks attached to their homes and should regularly inspect them, especially if they are older.

"Take a good look at it at least every season because decks are subject to loads all year long," he said. THE CANADIAN PRESS

'Spirited' couple at home in rum-drinking capital

ALCOHOL

Locals take shot at booze business in Halifax



Yvette d'Entremont
Metro | Halifax

Julie Shore and Arla Johnson jokingly refer to themselves as a 'spirited' couple.

Partners in business and in life, the pair opened the doors to the Halifax Distilling Company last Thursday.

Shore, the master distiller who can trace her family's distilling tradition back four generations, has created four rum blends.

Handcrafted in a small-batch copper still, the company offers gold, black, white and spiced rum.

That social line bears Shore's name, JD Shore. Their reserve line, IC Shore, pays homage to her ancestor's distilling prowess.

"Arla and I actually started Prince Edward Distillery nine years ago doing potato vodka, gin and blueberry vodka," Shore explained in an interview.

"The season there is just too short and we love Halifax and we saw an opportunity here."



Arla Johnson and Julie Shore show off two bottles of their J.D. Shore rum at the pair's new Halifax Distilling Co. on Lower Street on Monday. ZANE WOODFORD/METRO

“When it comes to alcohol it is all about women.”
Julie Shore

Shore said she worked on her recipes for a little more than a year to create a blend to offer the city known as

Canada's rum-drinking capital.

The couple barrelled into Halifax with plans to not only

craft locally distilled rum, but to offer a production tour of the facility, a tasting bar and a retail store to help share their passion for the spirit.

"Listen honey, it's all about the women when it comes to alcohol," Shore said, giving a quick history lesson about how women created the first

still, beer, and single malt scotch.

"In PEI when we'd do tours we'd hear people say to us 'Where are the men?' And we'd say 'I don't know. Where are they?' But when it comes to alcohol it is all about women."

The distillery occupies the space on Lower Water Street that once housed Mother Tucker's.

Historical interpretive panels on the walls highlight the history of rum in the Maritimes, from prohibition and rum running to the Canadian navy's rum rations.

The facility is now open for tastings and retail, with construction in the production area set to wrap up soon at which time they'll start offering tours.

"Arla is actually attending the Atlantic School of Theology to get her masters in divinity so we're well-spirited. In more ways than one," Shore joked.

A line of rum cakes and jellies using JD Shore rum is available, and the pair will eventually offer a small food service in addition to ice cream.

Johnson said they hope to offer a calvados brandy using Nova Scotia apples in the fall.

"We are just thrilled to be here in Halifax. We look at this not as our distillery. This is Halifax's distillery," Johnson said.

WINDSOR

Merchants excited for The Mist

Local merchants are excited to hear filming for The Mist television series in the downtown Windsor business district is ready to roll.

Heather Donohue, the chair of the Windsor Business Enhancement Society, said the film crew has been great in working with the merchants so as to not interfere with their day-to-day operations.

"We've had other film crews come in and the streets were closed for a long time," said Donohue. "The production crew and the location managers, they're very good about letting everyone know what's going to happen and when, and try to be as accommodating as possible. (They're) trying not to disrupt anything."

According to a press release issued by Spike TV, The Mist is a multimillion-dollar original series adapted from the Stephen King novella by the same name.

The cast includes Morgan Spector (The Drop, The Last Airbender), Frances Conroy (Six Feet Under), Alyssa Sutherland (Vikings, The Devil Wears Prada), Gus Birney, Dan Butler, Luke Cosgrove, Danica Curcic, Okezie Morro, Darren Pettie, Russell Posner and Isiah Whitlock, Jr.

The series, which is mainly being shot in Bedford, with some filming in Windsor, is set to air in 2017.

Scenes were to be filmed starting Monday and will run through Nov. 18. While in Windsor, haze machines will be in use to create mist for filming. TC MEDIA

"I can make a difference by helping others."



Prepare for a career in the growing field of health care. Train to become a **Medical & Dental Office Administrator or Continuing Care Assistant.**

APPLY NOW

Actor portrayals.

800 Sackville Dr., Lower Sackville, NS, B4E 1R8

successcollege.ca 902.865.8283

CAPE BRETON

Family home also a pigsty

One might say this Cape Breton family lives a bit on the wild side.

Johnny Huntington, the manager of the Two Rivers Wildlife Park in Huntington, near Marion Bridge, and his wife Kelly, who is also employed there, have had lots of unique house guests over the years.

These days, their living room is shared with two piglets who are only days old.

"The sow had 16 and couldn't look after them all. They would have died," explains Kelly.

"The kids are helping to bottle feed them."

Most of the animals that needed extra care and ended up at his home over the last 36 years since the park opened were there because there simply wouldn't be anyone to look after them otherwise.

At one time, the Two Rivers



One of the pigs being raised by the Huntingtons. TC MEDIA

Wildlife Park was run by the Department of Natural Resources. But when funding was cut, Johnny said they started a non-profit association in 1996 to save the park.

Recalling some of the animals, Kelly said they brought an abandoned newborn fawn home once which had to be fed during the night. They set up a spot for the

+ WHAT TO SEE

The Park includes more than 50 species of wildlife and more than 100 animals.

fawn in a corner of their bedroom on a blanket.

"The fawn was trying to get up on our bed," she said.

"It would come over and put its front legs up on the bed. We'd have to take it back over to the corner of the room and settle it down."

Kelly said a most memorable house guest came about 13 years ago, when a woman found a three-day old moose calf under her boat. "The mother was found up the road, she had been hit by a car."

They brought the calf home and named it Millie. TC MEDIA

Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Ottawa residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from a coffee shop, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building where he had been living since arriving in Ottawa from Somalia in 2009.

Neighbours — many of them



An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, right, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

friends and family — then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside

the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the back of his head. He didn't have

a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

SOCIAL MEDIA

Police face backlash



Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident — which is being investigated by Ontario's Special Investigations Unit (SIU), a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police — has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaulted."

The SIU has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It investigated 266 cases across the province in the 2014-2015 fiscal year and criminal charges were laid in 13 cases, a rate of 4.9 per cent.



Nimao Ali, friend of the family, called Abdi a "beautiful soul."

A 27-minute video recorded by a neighbour who lived upstairs has been published online, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

WITH FILES FROM JOE LOFARO

SASKATCHEWAN

Oil spill measures for weeks

Communities affected by an oil spill in the North Saskatchewan River can expect precautionary drinking water measures to be in place for weeks or even months, says a Saskatchewan government official.

"It's not going to be a short-term event," Sam Ferris with the Water Security Agency said. "It could go on for some time."

Two cities downstream from the Husky Energy pipeline leak near Maidstone, Sask., have stopped drawing water from the river. North Battleford shut down its intake on Friday and is relying on wells.

Officials say the oily plume reached Prince Albert, a city of 35,000 people, on Monday.

Residents in the area are being urged to conserve water and not use that part of the river for recreation. Hospitals are looking at alternative supplies.

Ferris estimates the water supplies of close to 70,000 people have been affected so far and that the slick has travelled about 370 kilometres.

THE CANADIAN PRESS

Liberals attempting to thaw Russian ice

The Liberal government turned the page on two years of acrimony between Canada and Russia on Monday as Foreign Affairs Minister Stéphane Dion sat down for his first formal meeting with Russian counterpart Sergey Lavrov.

The 30-minute discussion took place in Laos, where Dion and Lavrov were attending an annual meeting of Southeast Asian nations. Sources say the location was chosen because it represented neutral ground for the two sides.

The meeting was the first of its kind between Canada and Russia in years. The previous Conservative government steadfastly refused to meet with anyone from the Kremlin until Russia left Crimea, the peninsula it annexed from Ukraine in March 2014.

As a result, contacts between the two countries had been largely limited to technical discussions between bureaucrats.

The Liberal government has said it remains committed to standing with Ukraine in the face of Russian aggression. To that end, Dion spokesman Joseph Pickerill said the minister had "frank discussions" with Lavrov about Russian actions in



Foreign Affairs Minister Stéphane Dion (left) had "frank discussions" with his Russian counterpart Sergey Lavrov in relation to Ukraine. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE



It's important. After all, Russia is our neighbour in the Arctic.

Stéphane Dion

Ukraine and other parts of eastern Europe, as well as in Syria.

But the ministers also talked about the potential for co-operation in the Arctic, space and counter-terrorism — areas the Russians have been keen to focus on as they have attempted to change the channel away

from Ukraine.

While the Liberals promised during last year's election campaign to re-engage with Russia, Prime Minister Justin Trudeau has been facing calls to keep up the pressure.

The government agreed earlier this month to organize a

1,000-strong NATO battle group in Latvia whose mission is to dissuade neighbouring Russia from flexing its muscles in the Baltic state. The U.S., United Kingdom and Germany are organizing similar forces in Poland, Estonia and Lithuania.

Earlier this month, during the NATO leaders' summit in Warsaw, where the Latvia mission was unveiled, Dion said that it was "terribly unfortunate" that Canada had to send military forces to Eastern Europe. But he also said it made sense to talk to the Russians.

"Canada will be strong on deterrence and strong on dialogue. We need to do both," Dion said. "It's important for our allies, including Ukraine. It's important for our own interests."

The meeting between Dion and Lavrov has been welcomed by Russian officials, who are hoping for a fresh start in relations between the two countries. But it generated mixed reactions from opposition parties.

"As long as Russia is not de-escalating those activities and reducing tensions in the region, including in the Baltics, we shouldn't be talking to them," said Conservative defence critic James Bezan. THE CANADIAN PRESS

EXPLORING BEDFORD

Infrastructure projects galore

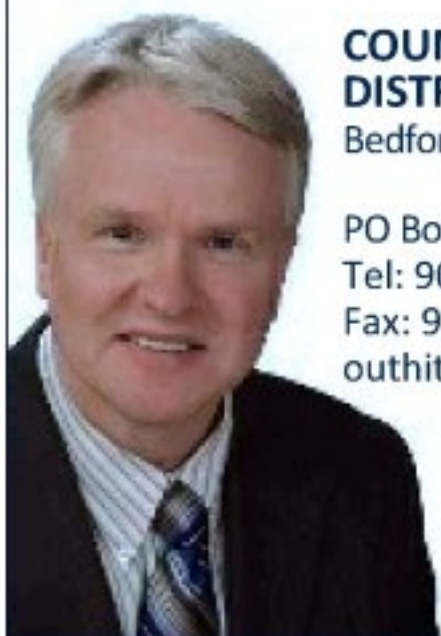
One of the challenges of living in a growing community is the stress it places on infrastructure. On this front, great progress is being made in the Bedford area, as evidenced by recent projects that have been completed and ones that are on the books.

Some of the big projects in recent years have been the building of the BMO Centre rink, the new C.P. Allen High School and an artificial turf field located by the school.

Updating playgrounds has been another area of focus. Last year, the playground in DeWolf Park was completely rebuilt to bring it up to code, while improving accessibility and visibility. Repairs were also made to playgrounds in Paper Mill, Oakmount and Peerless.



CONTRIBUTED



COUNCILLOR TIM OUTHIT
DISTRICT 16

Bedford - Wentworth

PO Box 1749, Halifax, NS B3J 3A5
Tel: 902.229-6385
Fax: 902.490.5681
outhitt@halifax.ca

**Please support small
and local businesses.**

HALIFAX
halifax.ca
311

Improvements have also been made to the Bedford Outdoor Pool's lighting, fencing and security. It also received a fresh coat of paint.

Bedford will soon be getting two new fire stations, located on Larry Uteck Boulevard and in Sunnyside. These fire stations will replace the existing one, which is on Convoy Run. The current one also houses a police station and with the addition of the two new stations, the Convoy Run location will house an expanded police station. Construction of the fire stations is expected to begin in 2018, says Bedford-Wentworth councillor Tim Outhit.

Also planned for the same year is the construction of a new library to replace the existing one on Dartmouth Road, which has reached capacity.

"It's far too small," said Outhit.

Work to find a suitable location and creating a design for the library is expected to begin this year.

New park-and-ride project in the works

One project that will help alleviate Bedford's traffic problems is a new park-and-ride Halifax Transit terminal that will be constructed on Innovation Drive between the former RIM building and C.P. Allen High School. The terminal will have parking for over 400 cars.

Outhit says it hasn't been decided what types of buses will operate out of there. Construction of this terminal is also planned for 2018. Looking further down the road, he says a second park-and-ride facility is being looked at in Old Bedford.

For Bedford MLA Kelly Regan, she'd like to see work completed on the Burnside Expressway, a four-lane highway planned to run between Burnside and Bedford.

"There is definitely a traffic issue and that is why I've been pushing for it, which would alleviate some of that," she said.

smiles for ALL ages

The NEW age of Orthodontics

FREE
consultations



patient of The Brace Space

thebracespace
ORTHODONTIC SPECIALIST GROUP

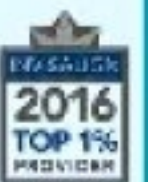
620 Nine Mile Drive, Suite 201
Bedford (Larry Uteck)

455-7222

www.thebracespace.com



Dr. Dan Swart Dr. Sarah Davidson Dr. Ric Beaudoin



EXPLORING BEDFORD



SPONSORED CONTENT

EXPLORING BEDFORD

Patrons Golf & Lounge tees up great golf, food and drinks

Golf lovers can play some of the best golf courses in the world without even having to leave the province, let alone the city.

That's because Patrons Golf & Lounge just off Larry Uteck Boulevard has state-of-the-art simulators from aboutGolf that include more than 50 globally renowned courses, such as TPC Sawgrass and Pebble Beach Golf Links.

"They're the official partner of the PGA Tour," said Fan Yang, Patrons' president and CEO.

One of the benefits of playing on the simulators is people can play a round quicker than they would on the course. Yang says it takes about an hour for an individual to play their first simulator round, but they'll get that down to 45 minutes with some experience. This means for a four-some, a round could take three hours.

For people new to golf, simulators are a great option because they don't have to worry about keeping pace with other groups like they would on a real golf course. Simulators are also a great option for

more advanced players because they can work on specific parts of their game. As well, the simulators offer analytics and provide information to people to give them insights into how they can improve their game.

"The swing analysis feature will focus on the little things they need to tweak to fix their game," said Julia Chapman, Patrons' marketing coordinator.

Patrons opened last December and it's had a remarkable impact on Yang's game.

"My game improved 10 strokes just because I practiced so much in the winter-time," he said.

While the simulators are an efficient way for a golfer to spend their time, they're also affordable. Pricing is based on an hourly rate and begins at \$18 in the summertime and the cost is shared amongst the people playing. There are also private rooms available for rent.

With its modern, hip and stylish décor, combined with a great food and beverage menu, Patrons' is a perfect place to go to



CONTRIBUTED

enjoy a meal, an appetizer, a beer, cocktail or glass of wine.

"We have a lot of customers that come in just to eat," said Chapman, adding the business offers brunch on Saturdays and Sundays until 3 p.m. "We are definitely very

proud of our restaurant."

The setting also makes it the perfect place to host a corporate gathering or private party and, with its new patio, Patrons is the perfect place to enjoy a hot summer day.



**MODERN,
LUXURIOUS,
HIGH END,
NEWLY
CONSTRUCTED
BUILDING
BOASTING:**

- Fully A/C Units with Climate Control
- Six Premium Stainless Appliances
- Wood Floors
- Fitness Center & Large Common Room
- Heated Underground Prkg
- Next to BMO Centre, CP Allen & Bus Routes

**DAILY OPEN
HOUSES**
The Dynasty

Ask about our **RENTAL INCENTIVES**

CALL NOW 902-448-7123
275/299 Innovation Dr. West Bedford

VINTNER'S CELLAR

ON-PREMISE WINE MAKING

Visit our **NEW** location and receive

\$20.00

Off your first wine kit purchase

With mention of this ad. Limit one coupon per customer.

Exclusive to Vintner's Cellar Pure 100% Grape Juice
Nothing but yeast is added to our 100% grape juice kits.

**Satisfaction
Guaranteed!**

Village Centre, 936 Bedford Hwy 902.448.9463 vintnerscellarbedford.ca



Allstate.

You're in good hands.

Every Policy Comes with a Person You Can Count On



Gerrie Blair
Agent



Danielle Jean
Agent



Donna Byers
Agent

With over 60 years of experience, Allstate offers:

- Insurance to Meet Your Needs •
- Features and Discounts to Help You Save •
- Good Hands Claims Service • Ease of Doing Business •

Contact us today:

Bedford Agency • 181 Damascus Road • 902-xxx-xxxx



EXPLORING BEDFORD



SPONSORED CONTENT

EXPLORING BEDFORD

Recognizing community volunteers

While Bedford has experienced tremendous population growth in recent years, its sense of community spirit has continued to flourish. Nowhere does this show up more than through the many dedicated volunteers that perform the thankless tasks that help make the community be a wonderful place to live.

"It's very much a community of volunteers," said Tim Outhit, the councillor for Bedford-Wentworth.

Not surprisingly, there's an event in place to recognize these people. It's called the Bedford Volunteer Awards and it was started by town council in 1982. When Bedford became part of the Halifax Regional Municipality in 1996, recognizing volunteers became the responsibility of the municipality and nobody from Bedford was recognized.

"This is one of those gems that got lost," said Ed McHugh, the current co-chair of the



CONTRIBUTED

Bedford Volunteer Awards.

Frustrated by this, in 2001, a group of Bedford residents resurrected the awards program.

"The bigger picture here is you had a group of people who were proud of their town of

nized as volunteers of the year at a gathering held in April.

McHugh says officials reach out to different volunteer groups — such as sports groups, churches, Girl Guides and Boys Scouts — in Bedford to solicit nominations. Nominations close in February and officials typically receive about 25 nominations for the adult volunteer of the year and five for the youth one.

The ceremony itself is an emotional one. "It's pretty heartwarming to them and their supporters that someone says publicly, 'Thank you, thank you for everything you've done,'" said McHugh.

He says one of the interesting parts of the event is hearing the nominations read out loud where one gets to hear the sheer breadth of volunteer work these people do.

From 2001 to 2010, the Bedford Volunteer Awards was funded through donations from politicians at all three political levels.

In 2011, funding became entirely sourced from local businesses.

"They're just a group of Bedford businesses looking around their community looking to support their community," said McHugh.

One other way the program has changed is that people can now be recognized as volunteer of the year on more than one occasion. Previously, people were limited to winning it once.

Bedford and proud of the people who lived in it and made it a good place to live. I think it was a small gesture to re-establish a sense of community ... inside a bigger urban centre," said McHugh.

Each year, an adult and a youth are recog-



SPONSORED CONTENT

EXPLORING BEDFORD



CONTRIBUTED

Halifax is closer to the dream of having a commuter rail line that would run through Bedford, a project that Councillor Tim Outhit has long been advocating for.

"I'm intrigued by this. I'm excited by it. I still believe it's something the people want and the people would use. It would solve a lot of problems," he said.

At a meeting of the city's Transportation Standing Committee last Thursday, it unanimously voted to put an unsolicited commuter rail proposal from VIA Rail to council.

Outhit says the matter could appear before council in a matter of weeks.

The existing rail line that runs through the Halifax area has long been seen as a way to get people in and out of the city. With Bedford's traffic problems, commuter rail is viewed as an attractive solution.

"We have to find ways to move people because our roads are clogged," said Outhit.

Commuter rail seemed to be dealt a death blow when a study from last December said commuter rail wasn't "economically viable" and would be plagued with high startup costs and low annual revenues.

Things changed when VIA Rail submitted a proposal to the city recently in which it said it could run a service from Windsor Junction to downtown Halifax.

Assuming council endorses the idea, city staff would have to then work out a deal with VIA Rail. Outhit says the service could be up and running within a year.

One other transportation option for Bedford is the so-called fast ferry idea, which hasn't been talked about much in recent years. While there are ferries running to Halifax from Woodside and Dartmouth, there isn't one coming from Bedford.

One of the big drawbacks about a fast ferry is it wouldn't offer the best bang for the buck.

"The studies have shown the startup costs could be higher, the usage lower than rail and it would serve a smaller number of areas," said Outhit.

However, he says that if the commuter rail plan falls through, the city will have to look at using ferries, buses and everything else at its disposal to deal with Bedford's growing traffic problems.

BOSCH
Invented for life

Home Furniture
www.homefurniture.ca

SAMSUNG BLACK STAINLESS

WINDSOR HOME FURNITURE
50 Empire Lane, Exit 5a
Windsor, NS
Ph. (902) 798-3222
Mon - Fri 8-8 | Sat 8-6 | Sun 12-5

Home Owners helping homeowners
with Expert Advice

Walk In Medical Clinics

The Family Focus
medical clinics

Mon-Fri 8:30am - 9pm
Weekends/Holidays 11am-5pm
Simply walk in or call
for same day appointment
thefamilyfocus.ca 420-6060

27 Peakview Way, Bedford
(top of Larry Uteck Blvd., above Lawtons)

REDEVELOPING & REDEFINING THE PROJECT

Come See Our Existing Businesses

- FABRICVILLE • VIBE • COLES • BENTLEY
- RONA • FIT 4 LESS • DOLLARAMA AND MANY MORE STORES & SERVICES

Bedford Place
bedfordplacemall.com facebook.com/BedfordPlaceMall

Hon. **Kelly Regan**
MLA, Bedford

Supporting our
Bedford Community

kellyregan.ca
 555 - 1550 Bedford Hwy Bedford, NS B4A 1E6
 902.407.3777 kelly@kellyregan.ca

VILLAGE CENTRE

A Bedford Shopping Tradition For 30 Years

936 Bedford Highway
and Hammonds Plains Road

Join:

Scotiabank • TELUS
GETaWAY TANNING • Pizza Girls
Bedford VETERINARY
Aziz Custom Tailoring / Drycleaning
Vintner's Cellar Wine Making
Jumping Bean Coffee *Opening Soon!*

Looking for a business location?
Retail Shops FOR LEASE
902.454.2000

CREATIVE OPPORTUNITIES FOR... Specialty/Ethnic Foods... Retail Boutiques... Professional Services... Bring Us Your Idea!

QUALITY EARLY LEARNING AND CARE

Full Time or Part Week • Infant, Toddler and Preschool Spaces Available

St. Joseph's Children's Centre
Stepping into the Future

30 Damascus Dr.,
Bedford Place Commons
Call Shannon 902-422-8441 ext 196
damascus@stjcc.ca • www.stjcc.ca

morris east

RESTAURANT + WINE BAR

OUTDOOR PATIO
CREATIVE LOCAL CUISINE
COCKTAILS & WINES
GOURMET PIZZAS

Bronze Medal
 Interactional Pizza Expo,
 Las Vegas 2015

5212 morris street, halifax
620 nine mile drive, bedford
morriseast.com

EXPLORING BEDFORD



SPONSORED CONTENT

EXPLORING BEDFORD

West Bedford area offers convenience, nature and “rich personality”

Nestled between the Kearney Lake and Hammonds Plains roads, the West Bedford area is a community that has been designed to promote a healthy and active lifestyle. With plenty of green spaces, parks, walking trails and natural recreation areas, it's a very attractive place for people to call home.

On the flip side, these same things are attractive to developers. “There's a lot of green space, especially where we developed in the West Bedford area. That's part of the reason we were attracted to putting developments in that subdivision,” said Justin Ghosn, a developer and manager with the Cascade Property Group.

He's originally from Bedford, still lives in the area and is proud to do business there. “You have to look at the surroundings around you. You look at that West Bedford subdivision, there's a lot of potential there,” said Ghosn.

He says some of the other things that make West Bedford appealing to live in are that it's close to the city, but also offers the amenities you need within minutes.

“You're still in a subdivision that has a rich personality to it. It has all the complexes and facilities you'd need,” said Ghosn.

These things include the BMO Centre rink, C.P. Allen High School and a community centre attached to the school.



CONTRIBUTED

West Bedford also doesn't feel cramped. “There's not an overwhelming amount of development. It has a homey feel to it,” said Ghosn.

In the Parks of West Bedford, the Cascade Property Group has two properties: the Dynasty I and Dynasty II, which are located at 275 and 299 Innovation Drive, respectively.

Both are 55 multi-unit residential developments, made up of a mix of luxurious one, two and three bedroom rentals. The units feature beautiful touches like modern kitchens with granite countertops, energy-efficient stainless

steel appliances and open-concept layouts.

When you put all these reasons together, it's a no-brainer why developers like Ghosn and others continue to view the West Bedford area as a prime area to develop. “We view the West Bedford area as a fantastic place to live,” he said. “It gives you the privacy and the green space, while offering you everything you need to be comfortable.”

Ghosn says the area is appealing to a variety of demographics, particularly people who are downsizing, young professionals and families.



When injury gets you down, we'll pick you up.

Four convenient locations to serve you.
novaphysiotherapy.ca

Bedford 902-405-3535 | Burnside 902-405-4545 | Halifax 902-429-2225 | Timberlea 902-444-3535



540 Southgate Drive
at Larry Uteck
902.407.0077

NEW KIDS ON THE BLOCK!

Fresh Cut AAA Meats
Great Seafood Dishes
Homemade Ravioli's
AND MUCH MORE!
Gluten-Free Available

Live Music Fri & Sat 7 to 11 pm
Brunch Sat & Sun 10:30am to 2pm

**GREAT STAFF
& ATMOSPHERE
JOIN US!**



Ask about our Privilege Club Loyalty Program

The BEST of the BEST



Say it with Stitches
Promotional Products and more!

P: 902-835-4333 E: stitches@sayitwithstitches.ca



MSRP: \$75.00
NOW: \$54.75

MEN: GTP-1 LADIES: GTP-1W



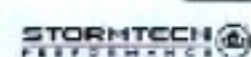
MSRP: \$65.00
NOW: \$44.75

MEN: XPX-1 LADIES: XPX-1W



MSRP: \$75.00
NOW: \$54.75

MEN: OPX-1 LADIES: OPX-1W



Available in a full range of sizes! Even lower pricing for 12 or more!

Democrats try to quell discord

CONVENTION

Big names go to bat for Clinton as outrage over emails persists

Hillary Clinton's campaign joined forces with former primary rival Bernie Sanders and some of his supporters Monday in a scramble to tamp down a fresh burst of party disunity and give an upbeat tone to the opening night of the Democratic convention.

Sanders, one of the night's featured speakers, sent urgent messages to his backers urging them to avoid protests on the convention floor.

First lady Michelle Obama made her first appearance of the presidential campaign. She offered an unequivocal endorsement, saying Clinton "never buckles under pressure" and "didn't get angry or disillusioned" after losing to Barack in the 2008 Democratic primary.

Obama added that Clinton is advancing the cause for women so "all our sons and daughters now take for granted that a woman can be president," linking Clinton to Barack's tenure as the first black president.

Massachusetts Sen. Elizabeth Warren, a favourite of liberals and one of the party's toughest critics of Republican Donald Trump, also took the stage.

Warren offered a harsh assessment of an economy that she says is tilted against working people.

"There's lots of wealth in America," she said, but "it isn't trickling down to families like yours." Instead, the "system is rigged" as "Americans bust their tails" while "wages stay flat."

She says Congress works fine when corporations and the wealthy seek tax breaks. But, she says, "try to do something

for working people" and the "gridlock" ensues.

Clinton's campaign hoped the line-up would overshadow a tumultuous start to the convention. The release of hacked emails revealed the Democratic National Committee had favoured Clinton over Sanders, despite vows of neutrality. The uproar led to the forced resignation of party chair Debbie Wasserman Schultz.

While her ouster was a major victory for Sanders, it wasn't enough to ease the frustration of his supporters. Chants of "Bernie" echoed through the arena, and boos could be heard when Clinton's name was raised.

THE ASSOCIATED PRESS

+ SPEAKERS SCHEDULE

Monday: United Together

Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families

Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon

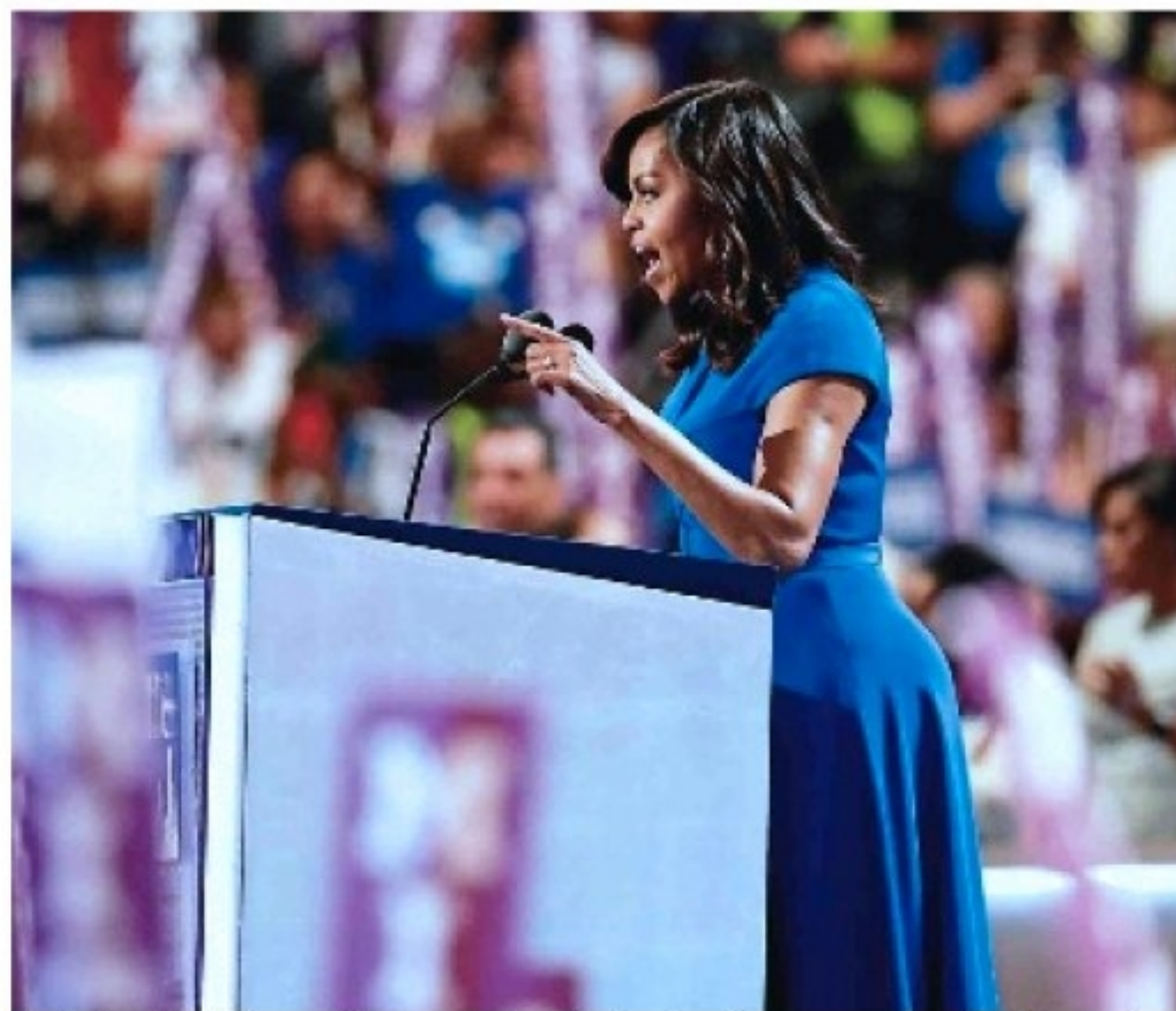
Martin's mothers

Wednesday: Working Together

President Barack Obama and Vice-President Joe Biden

Thursday: Stronger Together

Hillary Clinton and Chelsea Clinton



First lady Michelle Obama delivers remarks on the first day of the Democratic National Convention at the Wells Fargo Center on Monday in Philadelphia. AARON P. BERNSTEIN/GETTY IMAGES

VIOLENCE

Florida sees another club shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stefan Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a swimsuit-themed party for teens.

"I told him to look for all



Dave Allen, left, and Ryan Caviness pray for the victims on Monday. THE ASSOCIATED PRESS

the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

Florida is again reeling from

a mass shooting at a nightclub, but instead of being committed by a terrorist spouting Islamist ideology, this rampage may have started with an argument over a rap performance.

Security guard Brandy McLaughlin said she saw someone with a semi-automatic rifle open fire. "The rapper was upset, someone not being able to perform," she said. "It wasn't targeted, terrorist or gays, or anything like that. It wasn't a black or white situation. It was an idiot. An idiot with a firearm."

THE ASSOCIATED PRESS

JAPAN

Over a dozen killed in knife attack

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was hap-

pening at the facility in the city of Sagami, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagami said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagami City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths. THE ASSOCIATED PRESS

metr

Tell us how you really feel.

Join our online reader panel and help make your Metro even better.

metronews.ca/panel

THE TOP 6@6
LAST NIGHT ON 101.3 THE BOUNCE:

- 6 DJ Khaled ft. Drake For Free
- 5 Adele Send My Love
- 4 Twenty 1 Pilots Ride
- 3 Kygo ft. Malu Noyes Stay
- 2 Meghan Trainor Me Too
- 1 Fifth Harmony ft. Fetty Wap All In My Head

1013THEBOUNCE.com @1013thebounce

A new career. A better life.

"I need a change... a real career."

Since 1899
45 Alderney Dr. Ste 100
Dartmouth, NS B2Y 2N6

Train for a promising new career as a Paralegal in just 13 months.

Apply now to start in September

Call or Click Today

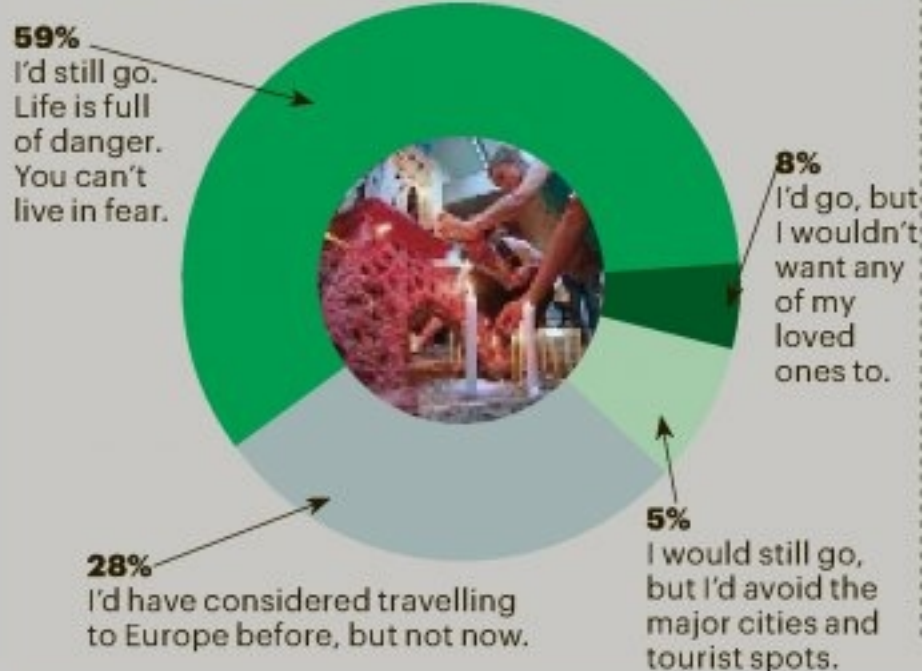
902-463-6700 maritimebusinesscollege.com

METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?



WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

Minority Report: Life as a non-white touring musician is tense in 2016



Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time when race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year when racially and sexually charged crimes are in the headlines nearly every week

and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

Ferry stats: 'Jumping to conclusions' is facing facts

HALIFAX MATTERS

Stephen Kimber



Transportation Minister Geoff MacLellan doesn't want you to jump to conclusions.

If he had his way, you wouldn't know enough to jump to even the most preliminary conclusions.

Unfortunately for him, Portland, Maine, requires Bay Ferries, operator of the Yarmouth-Portland ferry service, to submit a monthly

accounting showing just how many passengers the Nova Scotia-government-funded ferry carried.

Fortunately for us, Portland makes that information available for the asking. (Memo to Minister MacLellan and the Nova Scotia government: this is what is meant by transparency and accountability.)

As a result, we now know how successful the ferry has been. So far.

The answer is not very.

Let's rewind. Last year, McLellan dumped the previous ferry operator after two dismal seasons. In 2014, the Nova Star carried just 59,000 passengers. In 2015, it carried 7,000 fewer.

So the province signed a new, sweeter-than-stevia deal with Bay Ferries. The 10-year contract began with the province picking up the entire \$9-million tab to retrofit the American-flagged and

crewed vessel at an American shipyard, funding \$4 million in startup costs and paying Bay a \$10.2-million first-year operating subsidy. And, yes, Virginia, that is the first year's deal.

To make all that sweetness even more impossibly saccharine, the province — which is to say thee and me — is on the hook for any losses above the subsidy.

So the first passenger reports — reluctantly released in advance by Bay to give them its own spin — are distressing.

During the first week's sailing in mid-June, Bay averaged 181 passengers a day. By week three, those numbers had increased to 307.

But...

Bay's after-subsidy breakeven number for this season is 60,000 passengers, an average of about 500 a day. So, with three weeks of its short season already history, the

ferry will need to carry closer to 600 passengers a day, every day, for the rest of the season just to reach its magic number.

They won't do it.

Meanwhile, Portland, whose state government declined to participate in financing the service, stands to make \$150,000 this year from leasing port space to Bay Ferries, plus a two-dollar-per-passenger head tax for the first 60,000 ticket buyers.

Uh...

They make money, we pay it.

Yes, Mr. MacLellan, it is early to jump to conclusions. But some conclusions seem too obvious to ignore.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

Portland stands to make \$150,000 this year from leasing port space to Bay Ferries.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shroot

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Conservatism is an expensive taste, because conservatives sacrifice value in order not to sacrifice things that have value.



Philosopher cat now at
www.mymetrostore.ca



The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada



Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even



Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people

with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before

I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.

Jennifer Harrison, parent

bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that

found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she

+ HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

4-12 months
12-16 hours

1-2 years
11-14 hours

3-5 years
10-13 hours

6-12 years
9-12 hours

13-18 years
8-10 hours

lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

MEDICAL RESEARCH

Cooling blanket gives hope to oxygen-deprived newborns

Newborns deprived of oxygen at birth will soon have improved chances of surviving without brain injuries thanks to a portable transportation cooling device in southern Alberta.

Foothills Medical Centre in Calgary is one of the first care facilities in Canada to purchase the device, which is believed to be more reliable in keeping temperatures cool when babies are moved.

Katie Kaminski and Curtis de Vries credit the cooling blanket for the condition of their daughter Tegan, who is now very active

at 13 months, after doctors discovered the baby was in trouble when she was born.

"They did an emergency C-section and the doctors realized she wasn't breathing, she'd lost a lot of her blood. So they initiated the cooling process and we're really glad they did," Kaminski said.

"She stayed cooled for 72 hours and then they warmed her back up. She's just been really healthy. We're very thankful for everything everyone did for us."

The usual treatment has been to simply turn off heat sources or use cold gel packs to lower

infants' temperatures in an attempt to prevent brain damage.

But those methods have their drawbacks.

"With those methods, it can be difficult to maintain a stable temperature," says neonatologist Dr. Khorshid Mohammad, who spearheaded the purchase of the device.

"The period immediately following birth is critical. We have about a six-hour window to lower these babies' temperatures to prevent neurological damage. The sooner we can do so, and the more consistent we can make the

temperature, the more protective it is and the better their chances of surviving without injury."

The insulated blanket with a cool liquid inside has been installed on a portable incubator cart that can be sent out with a care team anywhere in southern Alberta — either by ground or air.

"The technology is very simple. Our problem before was that the available machines are heavy. We could not mount it on the transportation incubator," Mohammad said.

THE CANADIAN PRESS



Katie Kaminski, her daughter Tegan and partner Curtis de Vries can attest to the benefits of the new cooling blanket.

THE CANADIAN PRESS

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits. THE CANADIAN PRESS



During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax, Winona



Winona Ryder CONTRIBUTED

THE SHOW: *Stranger Things*, Season 1, Episode 8 (Netflix)

THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyper-ventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like *Halloween* crossed with *Scooby-Doo*. But there's an unsolved mystery

here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

June Domestic Short Hair

Two-year-old June was found stray by a family who took her in. Unfortunately she did not get along with their other feline family member. She is a lively & playful, yet cuddly little cat who is looking forward to settling into a home where she is the only feline resident. June is also a vocally expressive cat, with a big personality that almost overshadows her petite size. If you are looking for a furry companion with lots of character, June would like to meet you.



For more information on June and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

BROUGHT TO YOU BY:

petvalu
your pet - your store

5686 Spring Garden Rd. 902-490-9900
278 Lacewood Dr. 902-431-8665
96 Tacoma Dr. 902-435-9748
75 Peakview Way 902-835-3224
961 Bedford Hwy. 902-406-4470
752 Sackville Dr. 902-869-9050
Fall River 902-860-1772

Nova Scotia
SPCA
Provincial Animal Shelter

METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

GOSSIP BRIEF

30 arrested at GNR show

At least 30 people have been arrested at a Guns 'N' Roses concert in New Jersey, and they include a woman accused of assaulting police. The arrests occurred at Saturday night's show at MetLife Stadium in East Rutherford, N.J.

THE ASSOCIATED PRESS

daVinci
COLLEGE

**APPLY
NOW!**

davincicollege.org

1.866.429.1847
1577 Barrington St.
HALIFAX, NS B3J 1Z7



**"I was meant
to work with
animals."**

Now
training in
Sackville!



**VETERINARY
HOSPITAL ASSISTANT**

If you love animals, train to become a Veterinary Hospital Assistant. Get practical, hands-on training with animals and graduate in just 9 months!

Canadian women about to see how they stack up

BASKETBALL

U.S., France and Australia await in tune-ups for Summer Games

Before Canada's women's basketball team steps on the court at the Rio Olympics, they'll test themselves against the best in the world.

The Canadians will play the world No. 1-ranked Americans, No. 2 Australia and No. 4 France in three exhibition games this week in the U.S.

"We'll get exposed by these teams, which is great," said Canada's head coach Lisa Thomaidis. "You want that. We don't want to go in with any false sense of security that we're playing great right now, because we aren't. We're playing OK, and we're going to keep getting better as the (Olympic) tournament approaches."

The Rio-bound Canadians held their final day of practice Monday in Toronto. The past few days have been a chance for Thomaidis to work two players back into the fold: Natalie Achonwa, a forward with the WNBA's Indiana Fever, and Kia



Team Canada's chef de mission Curt Harnett says a few words as the national women's basketball team was announced on Friday in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

STAGE IS SET
Canada is in Group B in Rio with the U.S., Spain, Senegal, Serbia and China. They open the Olympics on Aug. 6 versus China.

Nurse, who returned to practice last Friday after having surgery to repair a sports hernia.

"Kia's coming back from having not played for a few months, and she's surprisingly adjusting pretty well," Thomaidis said of Nurse, who had surgery shortly after her sophomore season at Connecti-

cut. "She's young and she's such a great athlete, it's not going to take her very long. And we still have a bit of time before we need her to be at the level that we're accustomed to her playing at."

The 12-player roster announced in a ceremony last Friday is identical to the squad that captured gold at last summer's Pan American Games. It features seven players from the 2012 Olympic squad that reached the

quarter-finals in London, and five Olympic rookies.

The Canadians are coming off a successful off-season that saw them go 4-1 in a European exhibition series, and 3-0 in a friendly tournament against China in Edmonton.

The difference now is that, with the Aug. 5 opening ceremonies barely a week away, teams will be at full strength. Thomaidis doesn't plan to com-

pletely show her team's hand though.

"I think every team will hold a little bit back, you don't want to have too much scouted before heading to Rio," Thomaidis said. "But from our standpoint again, from having two players that we need to get integrated, we're going to have to show most of our stuff. But we'll certainly have some things in our back pocket." THE CANADIAN PRESS

DOPING SCANDAL

Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

13

Russia's top Olympic official, Alexander Zhukov, now believes a total of 13 Russians would be ineligible due to previous doping bans.

FINA said three more swimmers were identified by World Anti-Doping Agency investigator Richard McLaren when he examined evidence that Russian government officials ordered the coverup of hundreds of doping tests.

They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova.

THE ASSOCIATED PRESS



Yulia Efimova GETTY IMAGES

POLICE SHOOTINGS

Jordan takes aim at smoothing relations

Michael Jordan is trying to help ease tension between African-Americans and law enforcement.

The NBA great and Charlotte Hornets owner said Monday he is giving \$1 million to the Institute for Community-Police Relations and \$1 million to the NAACP Legal Defence Fund. The aim is to help build trust following several shootings around the country.

"As a proud American, a father who lost his own dad in a senseless act of violence,



Michael Jordan
GETTY IMAGES

and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful targeting and killing of police officers," Jordan said in a statement. THE ASSOCIATED PRESS

IN BRIEF

Cubs arm World Series hope with Cuban Missile

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century.

The Cubs paid a steep price, parting with top shortstop prospect Gleyber Torres and versatile pitcher Adam Warren in the four-player package going to the Yankees. THE ASSOCIATED PRESS

MLB

Sanchez continues to dominate hitters

Aaron Sanchez was dominant once again as the Toronto Blue Jays beat the San Diego Padres 4-2 on Monday night.

Sanchez (11-1), who pitched in the All-Star Game earlier in the month, allowed just three hits over seven innings while striking out seven batters. It was the seventh straight start that Sanchez had allowed two or fewer runs.

Josh Donaldson, Troy Tulowitzki, Kevin Pillar and Devon Travis had RBIs for the Blue Jays (56-44).

MONDAY In Toronto

4 BLUE JAYS
2 PADRES

The game also marked Jose Bautista's return to the lineup. The right-fielder missed 30 games because of turf toe. He walked and singled in four plate appearances.

THE CANADIAN PRESS

RECIPE Spaghetti with Pancetta and Spinach



PHOTO: MAYA VISNIVE

Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in

Prep time: 5
Cook time: 20
Serves: 4

Ingredients

- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

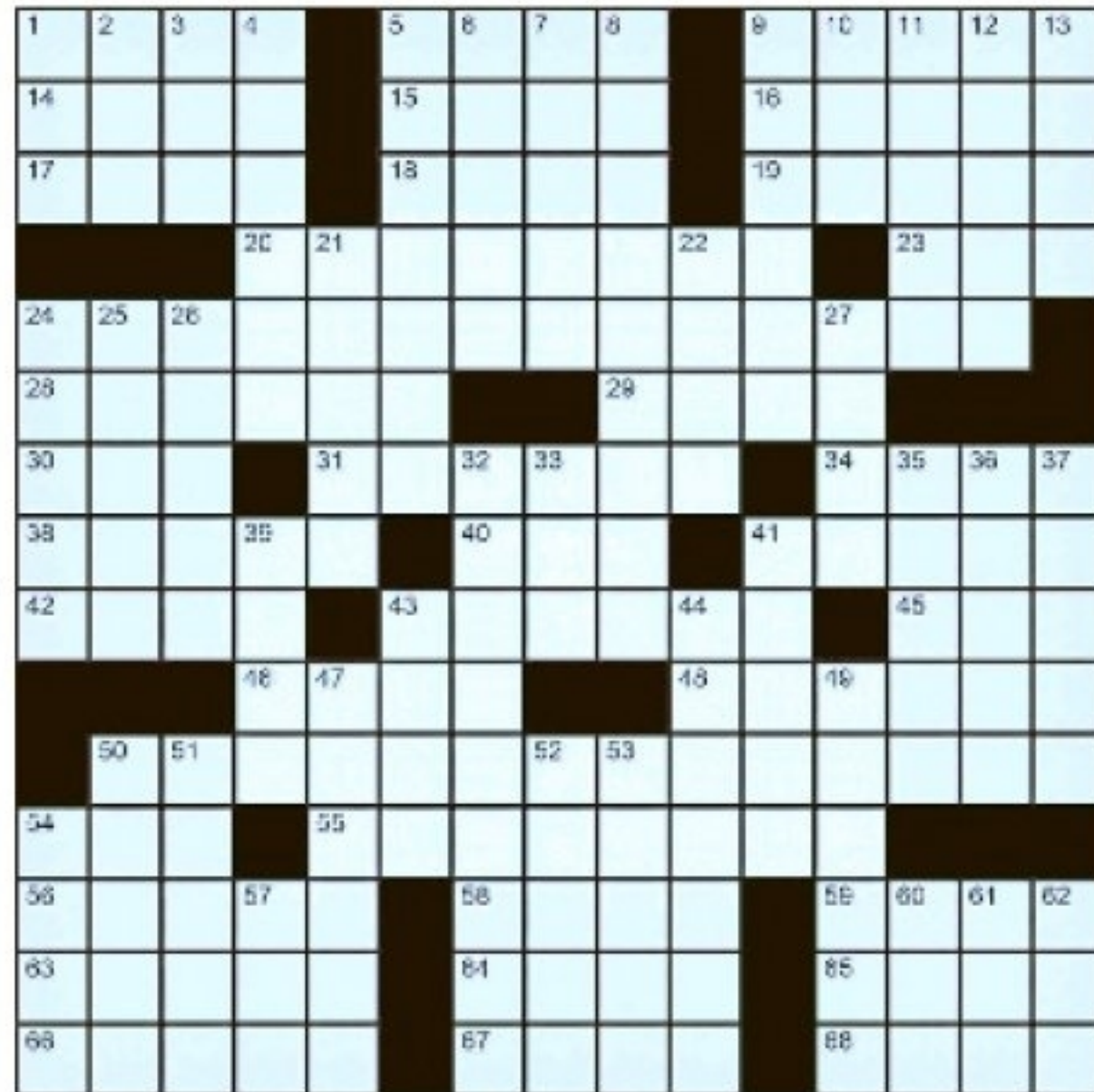
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Sound soothed by lozenges
- Hosp. heart recordings
- Pandemonium
- 'N' of NS
- Sheryl of singing
- Foliaged fence
- Highway-crossing animal
- The __ Report (1976 bestseller by author Shere)
- Tennis great Mr. Agassi
- Tornadoes
- Took the helm
- Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
- Procure
- Wharf
- Mailing encl.
- Reacted with shock
- Stitches-need-ing cut
- Hidden-away loot
- Canuck motorists org.
- Put forth
- Kennel protest
- Car manufacturer of Japan
- Fun-style photos
- 2002 Jennifer Lopez album: 'This __ __. Then'
- __ (Florida resort city, commonly)
- The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
- Baseball-playing need



- House's outside part
- Decree
- Shakespeare: "Thus with a kiss __" - Romeo
- Piquancy
- Fragrant scent
- The Beatles' Pepper, et al.

- Eye doctor's offering
- Dental floss-ees
- Check
- Landlord's intake

DOWN

- Furthermore
- Horticulturist's tool
- Genesis gal
- Beatles sheep-dog-inspired tune: "My Dear"
- Hedgehog-resembling animal

- Crackers characteristic
- Influenced, as the witness: 2 wds.
- Flowering climbing plants: 2 wds.
- Purely Puritan
- Female farm flapper
- Mix'up

- Shrek's kin
- Sesame __
- Put on the scale
- Bug's bane brand
- Like that green stuff on rocks
- Diminish
- Be a thief
- Associations, for short
- Laboratory professional
- The __, Manitoba
- Tree beavers like
- Niagara Falls visitor offering
- Spell caster
- Washer cycle
- Sum 41's " __ Deep"
- Santa Fe, __
- Most grey
- Draw
- Toronto-headquartered airline
- When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
- Functional
- Marsh grower
- Book reviewers, e.g.
- __ buckle
- Feline
- Trunk chopper
- Grandma
- Intl. clock standard

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



AT O'REGAN'S
DARTMOUTH
HYUNDAI
ONLY

Christmas in July

TRY IT
OR
BUY IT
EVENT

2016 **ACCENT** MANUAL

WAS \$13,899

NOW **\$8,990** STARTING FROM **\$25****/WEEK

OR
UPGRADE
TO

Automatic-A/C-
Remote Start for **\$35****/WK

OR
UPGRADE
TO GL

Auto-A/C-Heated Seats-Cruise-Steering
Wheel Media Controls-Voice activated
Bluetooth and much more for **\$38****/WK

**STOCKING
STUFFER**

BONUS

7 YEAR
WARRANTY
100,000 KM

OR



FREE
WINTER TIRES

ON ANY 2016 ACCENT
OR 2016 TUCSON*

2.0L premium FWD

2016 **TUCSON**

2.0L premium AWD

WAS \$28,990



NOW **\$26,699**



BOTH **\$71****
FROM **WK**

BOTH HAVE THE SAME SUPER VALUE PACKED FEATURES:

- Front and Rear Heated seats • Back Up Cam • Rear Cross-Traffic Alert
- All-wheel Drive (optional) or Front wheel drive (YOU PICK!) • Blind spot Indicator

**See dealer for details, vehicles may not be exactly as shown, limited availability. Taxes and fees are not included in payments or price. Rebates are tax in. Your choice of bonus warranty or free tires with O'Regan's financing on in-stock vehicles only.

CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS®

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com

We know the greatest customers in the world and we want to thank you.

Great customers inspire great customer service.
It's why we work hard every day to make banking
more comfortable. And why it's easy for us to
deliver exceptional customer service. Join us for a
month-long celebration to say *Thank You...*to you.

Follow #TDThanksYou to join in



Banking can be
this comfortable.

